

The GymSTART Challenge - Dublin 2022

TIMETABLE

| SESSION 1 | |
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| 8.50- 9.30am | Doors open for All Gymnasts |
| 9.00-10.00am | Orientation and General Warm up (in warm up area) |
| 10.00-10.10am | Prepare for March On (all gymnasts) |
| 10.10-10.20am | Event Opening & March On (all gymnasts) |
| 10.20-10.25am | March off Rotation 2 and 3 |
| 10.25-10.55am | Rotation 1 <ul style="list-style-type: none"> - Warm Up (7 mins) - Routine Performances - March off |
| 11.00-11.30am | Rotation 2 <ul style="list-style-type: none"> - March on - Warm Up (5 mins) - Routine Performance - March off |
| 11.35-12.05pm | Rotation 3 <ul style="list-style-type: none"> - March on - Warm Up (5 mins) - Routine Performance - March off |
| 11.45-12.00pm | Rotations 1 and 2 Medal Presentation (medal presentation zone/warm up area) AND prepare for march on |
| 12:05-12:15pm | Rotation 3 Medal Presentation (medal presentation zone/warm up area) AND prepare for march on |
| 12.15-12.20pm | March On with medals (all gymnasts) |
| 12.20-12.30pm | All gymnasts present medals to audience |
| 12.30 – 12.40pm | March Off |
| 12.40-1.00pm | Gymnast collection & club departure |
| END SESSION 1 ~BREAK~ | |